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Style

pg 14

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Celebrity Buzz

Knowles on Kanye's MTV rant
pg 18



Truck driver gets 8-year sentence

MANSLAUGHTER A cement truck driver who killed five people in Calgary when he smashed into the back of a car at an intersection listened intently but showed no emotion as he was sentenced yesterday to eight years in prison.

Daniel Tschetter, who was convicted of five counts of manslaughter, will serve no more than 5½ years when pre-trial custody and other factors are taken into account.

The car he slammed into on Dec. 7, 2007, was stopped at a red light. Two adults and three children, including a 16-month-old boy, were found dead in the mangled wreckage.

THE CANADIAN PRESS

News on the Move

What's this barcode for?

Learn how to scan the barcode with the instructions at the top of pg 3



Relating pg 8

Dealing with the turkey dump



On the web

Visit metronews.ca for news updates

Sneak peek



The Brian Webb Dance Company and CAS PUBLIC presents Suites Cruelles at the Timms Centre for the Arts this Friday and Saturday. Media were offered a sneak peek of the performance yesterday afternoon.

Doctors field H1N1 queries

ANDREAS MORSE
for Metro Edmonton

HEALTH Questions on the myths and realities of H1N1 were thrown at top docs yesterday at the first public forum on the virus.

"I've just been, over the last several months, considering if I should get an H1N1 vaccine or just do the seasonal flu vaccine, or nothing at all," said Northwest Territories-bound University of Alberta graduate student Michelle Borowitz. "I'm just concerned about the community members, I don't want to infect anyone."

The message was simple: if you're sick, stay at home and as soon as it's available, get vaccinated.

"As soon as we have information about when we're getting it (vaccination) we'll be using many ways to communicate that information to the public," said Dr. Marcia Johnson, medical officer of health for the Edmonton region.

She expects vaccinations to begin in three weeks.

West Coast violence

B.C. gang believed to be behind jewelry holdups

NOEMI LOPINTO
for Metro Edmonton

Edmonton police believe a small, but aggressive Surrey, B.C.-based gang is behind a rash of violent jewelry store robberies, and fear the city may not have seen the last of Lower Mainland gangsters.

The South Slope gang are "extending their crime spree to Alberta," Robbery section Det. Ron Gamble said yesterday.

Two men walked into RK Jewelers at 34 Avenue and 92 Street and hit a female clerk on the head with a handgun on the afternoon of Sept. 7.

They dragged her to the back of the store and tied her up and emptied several display cases before fleeing out the back door and into awaiting vehicles, police said.

There have been five such robberies in Edmonton since January, with more in Calgary and parts

of rural Alberta.

"They all show similarities," Gamble said. "The female clerk was assaulted right away and that's pretty disturbing. Most people demand things and if you co-operate you'll come away unscathed. This one was very violent."

Police believe the individuals are bringing the drug trade into Alberta.

Aware he was wanted on a Canada-wide warrant in connection with the Mill Woods robbery, 20-year-old

Gagandeep Singh Rakhra recently turned himself in to Burnaby police.

He has refused to identify his alleged companion.

Edmonton police are calling for the public's assistance in locating the second suspect, believed to be armed and dangerous.

He is described as an Indo-Canadian male between 18 and 20 years old, approximately five-foot-six, 140 pounds., with brown hair and eyes, wearing an Armani X-change jacket.

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Local



Diaper donations sought

The premier's wife, Marie Stelmach, asked Edmontonians to give from their hearts yesterday, kicking off a three-week campaign designed to make the lives of pregnant or parenting teens a little easier. Baby Heroes is asking people to donate boxes of diapers through the month of October at the drop-off point in Phase 1 of West Edmonton Mall.

METRO EDMONTON



Edmonton Tweets

- @dantencer The Hockey Hall of Fame asked for Niko-lai Khabibulin's stick from last night as he won his 300th game. Stick will be en route shortly.
- @wunderbar So, when will Google Street View hit #yeg? It's in #yyc. I want it too.
- Find out what we're up to! Follow us at @metroedmonton

New Online

Family matters

Everyone hates lawyers — until they need one for a divorce, says our new family law columnist Brahm Siegel. He makes his case for taking legal advice at metronews.ca/familymatters



metronews.ca

What's online today.

Video Ontario government "should have known" about scandal at eHealth, McGuinty says, at metronews.ca/canada



Lotteries

Lotto 6/49: 2, 4, 12, 24, 36 & 38. Bonus 16. These results are not official.

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RCMP go 'ugly' in campaign

Graphic images being used to promote seatbelt use

ANDREAS MORSE
For Metro Edmonton

He only took off his seatbelt for a split-second, but it was long enough for the car to flip and render him quadriplegic for the rest of his life, Kiley Geddie said yesterday.

The pain didn't end there, he added.

The then-27-year-old spent the next year fighting for his life on a breathing machine. He was forced to re-learn how to eat and breathe again. His mother attempted suicide and his fiancée left him.

"Every aspect of my life and the lives of my family and friends was affected by this," said the 32-year-old.

The former construction worker says it all could have been avoided had he been wearing his seatbelt.

The RCMP, along with the Edmonton Police Service and Alberta Sheriffs, have launched an "ugly" cam-



Kiley Geddie, who became a quadriplegic in 2005, spoke yesterday at the kickoff of Seatbelt Ugly Campaign at the RCMP headquarters.

paign to promote seatbelt use.

Drivers will be faced with images of a severely injured man with facial lacerations

on billboards, in hopes people will remember to buckle up.

"Graphic images are sometimes necessary to

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generate attention and motivate people to change their behaviour," said RCMP Insp. James Stiles. "Our police officers are far too familiar with scenes that are depicted in these graphic images and far worse."

Currently, 82 per cent of Albertans wear seatbelts, which means one in five still don't recognize hazards, or choose to ignore them, Stiles said, adding more than half those killed in crashes on Alberta roads each year aren't wearing seatbelts.

The campaign goal is to see 95 per cent of Albertans wearing seat belts by 2010, he added.

Stelmach stands by his comments

GREENPEACE Alberta's premier is standing by comments that the judicial system is coddling Greenpeace protesters who disrupt oil-sands operations and that he will work to change that.

But Ed Stelmach denies he's meddling in the justice system.

Stelmach first lashed out over the weekend when 16 Greenpeace protesters were arrested after demonstrating at an oil-sands upgrader plant near Edmonton.

The lawyer for the accused along with legal scholars and defence lawyers say Stelmach's remarks suggest the government is trying to manipulate the law to serve its own ends. Stelmach labels those concerns "nonsense."

He says he is only standing up for what many Albertans believe and that the message can't go out that Alberta will tolerate such behaviour.

THE CANADIAN PRESS

Cops nab suspected bike attacker

ASSAULT City cops have arrested a man they believe responsible for a series of pedestrian attacks stretching back to July.

Between July and September, complainants reported a man on a bicycle waged verbal attacks, swerved toward them, grabbed, kicked or punched them, then rode away.

The assaults took place between 53 and 79 Avenues, and 104 to 122 Streets, and twice in the As-

pen Gardens/Snow Valley area.

On the morning of Oct. 6, a man was walking in an alley on 122A Street and 48 Avenue when he noticed a male cyclist riding toward him. The cyclist allegedly approached, kicked him and rode away.

Officers from the Southwest Division located the suspect soon after on 122 Street and 53 Avenue.

James Hugh Irwin, 46, was arrested and charged

with 10 counts of assault, two breaches of recognition, one count each of assault with a weapon, sexual assault and assault causing bodily harm.

Southwest Division acting superintendent Tony Harder said police are "very pleased" with the arrest, as the unsolved assaults were of "particular concern" due to the increasing number of victims.

NOEMI LOPINTO
/FOR METRO EDMONTON

Citadel Checking out costumes



Betty Wing tries on one of the hundreds of costumes that went on sale yesterday afternoon at the Citadel Theatre.

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Think you've got what it takes to roll on eight wheels in the oval track? Come to the Oil City Derby Girls' Recruitment Night on Oct. 13. Bring comfortable clothes, an open mind, safety gear and skates (if you have them) to the Oil City Grindhouse (Metro Sportplex 14420 - 112 St.) from 6 to 8 p.m. **METRO EDMONTON**

Students seek funds for Africa

UNICEF Adventure cyclist Ryan Correy realizes his state-of-the-art mountain bike is a luxury people in developing countries can't afford.

"Biking is my passion," he said, "but there are places where people have no choice but to ride one every day for hours."

The 2012 Olympic hopeful, UNICEF Alberta's athlete ambassador for 2009, was at George P. Nicholson Elementary School yesterday to launch UNICEF's

Trick or Treat fundraising campaign and to congratulate students for raising \$8,000 last year.

Donations benefit the charity's Schools for Africa program.

Fourth-grader Michael Yakimchuk said he thinks the school can beat last year's record.

"We only raised enough to build a watering hole, buy some desks and a latrine. I'd like to do more."

**NOEMI LOPINTO/
FOR METRO EDMONTON**

Cops lay 620 impaired charges

CRACKDOWN The results of a recent drunk-driving initiative are in, and one motorist has been accused of driving a semi-truck while three times over the legal blood-alcohol limit.

A 35-year-old man allegedly drove his truck into guard rails and construction barriers, swerving over the road and nearly hitting several other vehicles just after noon on Sept. 29. Rajpal Singh gave two breath

270 milligrams, the other 260 mg, police said. The legal limit is 80 mg.

From Jan. 1 to Sept. 30, Edmonton police received 6,905 calls from citizens reporting suspected impaired drivers. From that total, 620 impaired charges were laid, and 279 24-hour suspensions. An extra 1,320 registered owners received letters indicating their driving habits were reported to police.

**ANDREAS MORSE/
FOR METRO EDMONTON**

Evolution of civic activity

Event focusing on how tech affects citizens, government

ANDREAS MORSE
for Metro Edmonton



Bob Dylan once wrote: The times they are a-changin'.

The famous line has never rung truer than today, especially in the way people communicate and exchange ideas using technology, a local group says.

Because of this change, a grassroots collective dubbed ChangeCamp is hosting a one-day participatory and web-enabled event intended to bring together citizens, policymakers, technologists, designers, change agents and media creators.

The hope is to enable a discussion on how to re-imagine government and citizenship in the age of participation.

"A group of people in Canada has started thinking about the question whether our civic institutions still meet our needs as Canadians, as voters and as citizens, particularly with web-enabled society," said Justin Archer, ChangeCamp organizer.

"The ChangeCamp movement is to push the web-enabled potential to change the way our citizens are in-

volved in government."

Discussions will take place on Oct. 17 from 9 a.m. to 4:30 p.m. at the University of Alberta's Lister Hall.

"We feel that it might be time to re-think our government institutions in light of the changes that have happened in society," Archer said.

So far, 118 people have registered for the event, including senators, MLAs, school-board officials and concerned citizens.

"The only thing we're driving for right now is participation," said Walter Schwabe, CEO of Fusedlogic, social-media strategists sponsoring the event. "From our perspective, if people participate, we've been successful."

Archer said the goal for the one-day open discussion is to ignite a new conversation about what it means to be in government today, what it means to be a Canadian, Albertan and Edmontonian when new technologies and processes enable discussion, exchange of ideas, and debate.

For more information about ChangeCamp Edmonton, or to register for the discussion, visit change-campmonton.ca

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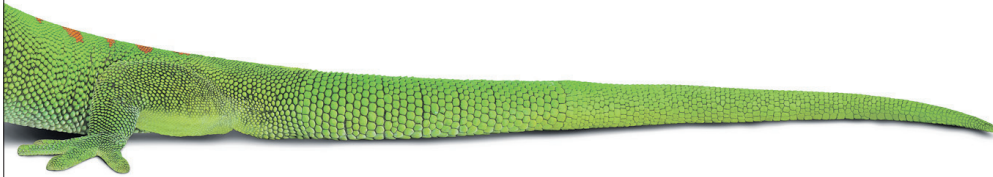
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Finance Minister Jim Flaherty says he has asked Canada's banks to stop selling insurance online. And he promised changes to bank laws to make that illegal. **THE CANADIAN PRESS**

Canada

Bail out the news biz?

A slim majority of Canadians would support a government bailout of the newspaper industry, a new poll suggests. The Canadian Press Harris-Decima survey was conducted before one of Canada's biggest media companies received bankruptcy protection this week. **THE CANADIAN PRESS**

Canucks score a cancer 'first'

Canadian scientists have scored a world first in the battle to beat breast cancer.

In a mammoth endeavour, the scientists have decoded all three billion letters of DNA in a breast cancer tumour.

They have also identified the mutations that caused the cancer to spread.

The landmark study by researchers at the B.C. Cancer Agency is a first step toward unlocking the secrets of how cancer begins and moves to other parts of the body.

Principal investigator Dr. Samuel Aparicio says the discovery should help researchers develop new breast cancer treatments

In 2009 ...

- An estimated 22,700 women will be diagnosed with breast cancer in Canada and 5,400 will die of it.
- An estimated 180 men will be diagnosed with breast cancer and 50 will die of it.

CANADIAN CANCER SOCIETY

based on the mutated genes.

Co-author Dr. Marco Marra says new-generation technology allowed the researchers to decode the breast cancer DNA in just weeks and at a fraction of what it would have cost only a few years ago.

THE CANADIAN PRESS

Old Montreal Protesters drive out the tourists



Montreal blue-collar workers are joined by public workers from across the country during a demonstration yesterday in Old Montreal, a popular spot for tourists. The workers were demonstrating in support of better municipal services.

Church faces new sexual abuse case

COURTS A Nova Scotia man has filed a sexual abuse lawsuit against two Roman Catholic districts.

The suit alleges years of sexual abuse suffered at the hands of a pastor linked to the same diocese at the centre of a historic settlement for victims.

Philip Latimer alleges he was sexually molested by Rev. Allan MacDonald for four years when he was a pastor in Havre Boucher.

The lawsuit names as defendants the archdiocese of Halifax and the diocese of Antigonish, the same district at the centre of the landmark sexual abuse settlement negotiated by Bishop Raymond Lahey.

Lahey is facing child pornography charges.

THE CANADIAN PRESS

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Asteroid a threat to Earth?

NASA says the chances of a 270-metre-long asteroid striking Earth in 2036 have been downgraded. Scientists initially believed there was a one-in-45,000 chance that Apophis could hit the planet on April 13, 2036. But NASA said yesterday the threat has been dropped to one-in-250,000 after it recalculated the asteroid's path. **THE ASSOCIATED PRESS**

7

World



Astronaut love triangle takes turn

Attorneys for a former astronaut will get another chance to question a romantic rival she allegedly drove 1,600 kilometres to confront. Lisa Nowak, left, is accused of attacking Colleen Shipman in a Florida airport parking lot two years ago. Shipman had begun dating Nowak's love interest, former space shuttle pilot Bill Oefelein. An Orlando judge ruled yesterday that Nowak's attorneys could depose Shipman for a second time to determine if she was actually touched by pepper spray during the confrontation. **THE ASSOCIATED PRESS**

Kiss and tell earns 5 years, 1,000 lashes

SENTENCE A Saudi court yesterday convicted a man for publicly talking about sex after he bragged on a TV talk show about his exploits, sentencing him to five years in jail and 1,000 lashes, his lawyer said. Talking about sex publicly is a taboo in ultraconservative Saudi Arabia. The program, which aired July 15 in Saudi Arabia, scandalized the country where such frank talk is rarely heard in public. Some 200 people filed legal complaints against Mazen Abdul-Jawad. The program, Bold Red Line, began with Abdul-Jawad describing the first time he had sex at 14. He then led viewers into his bedroom, dominated by red accessories, and then showed off blurred sex toys. He was later joined by three male friends for a discussion on what turns them on. **THE ASSOCIATED PRESS**

Palin's popularity haunting Republicans

She's poised to become a best-selling author in the U.S., has a devoted base of conservative supporters and is considered a front-runner to lead the Republicans into the next election in 2012 — and yet key party strategists are tormented by the popularity of Sarah Palin.

"Were she to be the nominee, we could have a catastrophic election," Steve Schmidt, John McCain's presidential campaign manager last year, said recently.

He was backed by Mike Murphy, a Republican media consultant who also made a point of chastising Schmidt for his role in Palin's rise to prominence to begin with. "Steve

Albertan selling Palin-signed Xbox

Palin's star quality is undisputed — a Canadian is so confident of her popularity that he's selling an Xbox 360 autographed by her for \$1.1 million US on eBay. Albertan David

Schmidt correct about Sarah Palin and '12," Murphy said by way of his Twitter feed. "Shame he didn't feel same way a year ago when he was lobbying McCain to choose her as VP."

Yet from her unlikely pulpit — Facebook — Palin is getting her message out on everything from U.S. health-care reform to energy while assailing President Barack Obama for his position on Afghanistan. Many

Morrill's listing features photos of Palin signing the gaming console in July, two days before her surprise announcement that she was stepping down as Alaska's governor.

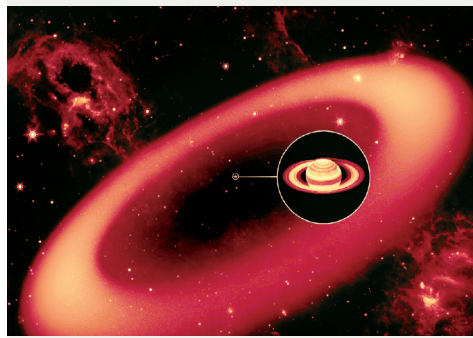
of her 900,000-plus friends on the social networking site are cheering her every word. **THE CANADIAN PRESS**

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Saturn Another, bigger ring



This rendering from NASA shows the biggest but never-before-seen ring around Saturn, spotted by NASA's Spitzer Space Telescope. The inset shows an enlarged image of Saturn. The bulk of the ring starts about six million kilometres away from the planet and extends outward another 12 million kilometres.

News in brief

JAPAN A powerful typhoon slammed into Japan yesterday, damaging buildings and roads, halting train service and cancelling hundreds of flights as it

swept across the country. One man died and dozens were reported injured. Typhoon Melor hit the country's main island.

THE ASSOCIATED PRESS

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Comment

Give thanks for getting dumped

Relating

Sofi Papamarko

metronews.ca/papamarko

You've only just begun university, but you're already a superstar. You've gotten the hang of classes, joined intramural basketball and made new friends. Your roommate is awesome. Your long-dis-

tance relationship is going well. University life is just a big fluffy cakewalk with vanilla frosting and a million cherries on top.

Until you head home for Thanksgiving. "Listen," he says. "We need to talk."

It's called the Turkey Dump. Like the delicious fowl for which it is named, the Turkey Dump is a clumsy and vicious beast. And you are now among its casualties. Once upon a time, high school sweethearts married as a matter of course. This has since become something of an

anomaly; only the strongest of high school relationships can withstand post-secondary education. Let's face it: Colleges and universities are essentially alcohol-fuelled sex buffets. Lectures and assignments fit in there someplace, sure, but for the most part, you've got a small geographical area crammed with thousands of open-minded young people who have recently acquired a taste for freedom. And tequila.

Not to suggest that campus life is a modern-day version of Sodom and Gomor-

rah. Post-secondary students are generally intelligent and responsible — that's how they got there in the first place. It's just that they're surrounded by a lot of eye candy. A lot of beer. A lot of flirting. And if they are in a relationship, a lot of temptation. (Nobody brings a sandwich to a buffet.)

"Attending university is a developmental transition," says Dita Everett, clinical psychologist at the University of Toronto. "It is a period of greater autonomy both academically and socially, and such autonomy invites

an exploration of identity.

Many have argued that we only come to know ourselves through our relationships with others, and this is a time for experimenting in that arena."

Everett encourages students who are having difficulty dealing with the end of a relationship to make full use of the resources available to them.

"(It's) important to normalize and to anticipate the kind of emotions that students often feel in the aftermath of a break-up," Everett says.

"Supporting and exploring such feelings through counselling is an entirely appropriate use of a university counselling service."

Maybe the dreaded Turkey Dump is a blessing in disguise.

It gives the freshly-single student the opportunity to focus on their studies, get to know new people and learn about themselves.

And that's what higher education is all about.

Sofi Papamarko is a 20-something writer based in Toronto. Her heroes include Desmond Morris and Nancy Sinatra.

Views

Finding role models off the beaten path



Melinda Mattos

Broad Minded

Growing up feminist comes with its own unexpected challenges.

My parents raised me in a bedroom wallpapered with "Girls Can Do Anything" posters, never daydreaming aloud about my wedding or future grandkids. Being smart always trumped being pretty, but as my 20s roll to an end and I watch yet another one of my friends get married, I have to admit I'm freaking out about my fu-

ture. Some days it feels like I'm idling in front of 800 on-ramps, all headed in different directions.

Without the guaranteed personal landmarks of past generations it's easy to feel lost and overwhelmed by choices. While I wouldn't trade my personal freedoms, I'd kill for a better sense of direction.

A few weeks ago, the media was buzzing about a University of Pennsylvania study called "The Paradox of Declining Female Happiness," which suggested that over the past 35 years, as women's opportunities have increased, their happiness level has decreased.

If this study is accurate, it's likely because women are still expected to be the primary caregiver at home, while holding their own in the boardroom.

But what about those of us who don't do it all? What's our excuse?

I think part of it is a lack of female mentorship. I had to laugh this weekend when I read Caitlin Moran's column, where she admitted she found more inspiration in bad-ass Courtney Love than she did in any of history's great women. (Moran writes, "I needed a hero who'd repeatedly done incredibly embarrassing things, yet

had signally failed to die of mortification.")

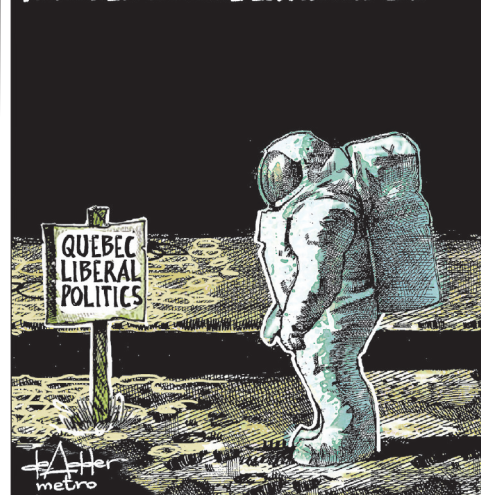
Though I wouldn't recommend Love as a role model, I do like the idea of connecting with women so far off the beaten path that they seem to have forgotten there ever was a path.

So I'm giving myself some homework: Find women who are blazing their own trails and let their successes, failures and adventures fuel my own.

I'll let you know how it goes.

Melinda Mattos is a Toronto-based writer, editor and co-founder of feminist teen magazine Shameless (www.shamelessmag.com).

MARC GARNEAU ENTERS ANOTHER HOSTILE ENVIRONMENT:



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Electric car more than pipe dream with Nissan launch

Nissan's new electric car will be launched in Canada in 2011, beginning with British Columbia, the company announced Tuesday. **THE CANADIAN PRESS**

9

Business

EDITOR: FERMIN.DESOUZA@METRONEWS.CA

Bankers owe world an apology: HSBC

The chairman of banking group HSBC says bankers owe the world an apology.

Stephen K. Green, speaking in an interview with BBC television broadcast yesterday, said the world cannot do without banks, but that bankers need to learn the lessons of the financial crisis that has rocked the world's economy.

And the most important task for their directors, he said, is to promote a culture of ethics and integrity.

"I think the change in the public perception of

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the industry is entirely understandable. The banking industry has not covered itself in glory to say the least, and indeed the industry collectively owes the real world an apology for what has happened, and it also owes the real

world a commitment to learn the lessons," he said.

Some of those lessons "are about governance and ethics and culture within the industry," said Green.

"You can't do all this simply by setting rules and regulations, you have to expect the leadership in the industry to nurture a real culture of ethics and integrity and that's actually a continuing priority, perhaps the greatest priority of all as far as I am concerned for the boards of banks," he added.

THE CANADIAN PRESS

Shows will continue to air: Canwest

COURT PROTECTION Canwest Global may be in the midst of drastic restructuring to cope with a crippling debt and punishing economy, but viewers won't see those woes in the company's TV programming, content chief Barb Williams insisted yesterday.

Home to primetime hits including Glee, House and Lie To Me, Global TV is among the Canwest assets seeking creditor protection as its parent company struggles with a \$4-billion hole.

Williams said that she and other programming managers spoke with producing partners yesterday to assure them that series orders would proceed as planned, and that they would be paid for their work. "All of that will continue completely untouched and unharmed in any way," said Williams, noting that the company's 13 specialty channels are not part of the filing.

Williams wouldn't reveal how much was being spent on programming or how the budget compares to previous years.

THE CANADIAN PRESS

Business in brief

NORTEL Ciena Corp. is offering cash and stock worth \$521 million US to acquire some of the most prized businesses units, intellectual property and employees remaining with fallen Canadian

technology giant Nortel Network Corp. The Ciena Corp. bid covers substantially all of the Nortel Optical Networking and Carrier Ethernet businesses.

THE CANADIAN PRESS

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Sports



Crabtree ends holdout

The San Francisco 49ers and receiver Michael Crabtree, left, have agreed to a six-year contract after several months of difficult negotiations. Terms of the deal were not disclosed. The 10th overall draft pick had balked at an offer of five years and \$20 million US, instead seeking money comparable to higher draft picks.

THE ASSOCIATED PRESS

EDITOR: CHRIS.CLEMENTS@METRONEWS.CA

Sports in brief

NFL Cleveland Browns coach Eric Mangini has dumped dissatisfied wide receiver Braylon Edwards off on his former team. Mangini sent Edwards, a former first-round pick whose troubles

have matched his immense talent, to the New York Jets yesterday for wide receiver Chansi Stuckey, linebacker Jason Trusnik and undisclosed draft choices.

FORMULA ONE Robert Kubica

will drive for Formula One team Renault from 2010, replacing Ferrari-bound Fernando Alonso and partner Romain Grosjean of France. The 24-year-old from Poland has driven for BMW

Sauber since 2006.

NBA Memphis Grizzlies guard Allen Iverson could miss three weeks after an MRI revealed a partial tear in his left hamstring.

THE ASSOCIATED PRESS

Ready for a rematch

NHL PREVIEW

Calgary at Edmonton



With the same effort and better execution, Pat Quinn believes the Oilers can take bad bounces out of the equation during tonight's rematch with the Calgary Flames in Edmonton.

Beaten 4-3 by the Flames to open the season Saturday on a miscue by goaltender Nikolai Khabibulin that led to the winning goal by David Moss in the final minute, the Oilers are coming off a bounce-back 5-4 shootout win over the Dallas Stars on Tuesday.

In both games, the Oilers have shown plenty of try, but have been guilty of lapses and breakdowns as they feel their way into the season — neither of which is

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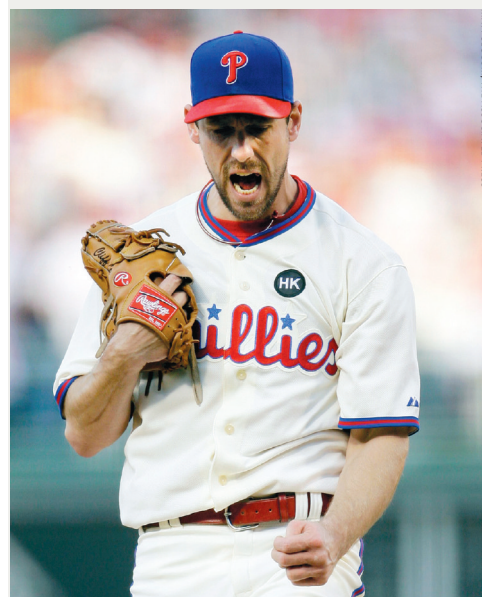
surprise to Quinn, given the new schemes he's drawn up and the new lines he's throwing over the boards. It's a work in progress.

"The real business is having people buy in to whatever the system is and everybody tries hard to be part of a team that has a chance to accomplish some things," Quinn said.

"Individuals don't win in this game, teams do. When you see the teamwork is not where we need to be, you get concerned about that and constantly work at it. Eventually, you get where you need to go."

THE CANADIAN PRESS

Playoffs **Phillies win opener**



Philadelphia Phillies starting pitcher Cliff Lee reacts after striking out the last Colorado Rockies batter to end Game 1 of the NL division series yesterday. The Phillies won 5-1. Earlier in AL Division action, the New York Yankees beat the Minnesota Twins 7-2. For the results of the St. Louis Cardinals-Los Angeles Dodgers game visit metronews.ca/sports.

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EMMA YARDLEY/FOR METRO CANADA

EDITOR: NINA.DRAGICEVIC@METRONEWS.CA

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Style Infusion for this development

Suite Talk

With the successful completion of Infusion Building One, Rohit Communities is now well underway with the sale of Building Two in this condominium development in Ambleside.

Prospective buyers can choose from over a dozen floor plans ranging in size from 679-1,167 square feet, with prices starting in the \$170,000s.

Building Two is currently under construction and home owners will be able to move in summer 2010, but there is still time to choose finishes. Options include berber carpet, laminate, hardwood or



There are many flooring options to choose from Infusion Building Two from Rohit Communities, including hardwood and laminate.

cork flooring, and a choice of three designer selected colour packages. Each home at Infusion comes

with six appliances and an underground parking stall.

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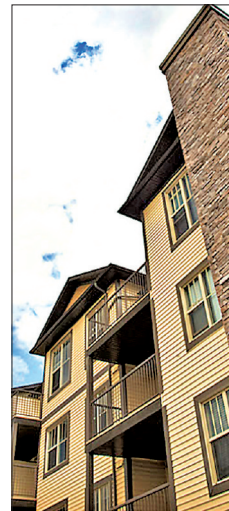
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An exterior shot of Infusion.

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Construction a man's world no more

HomeScape

Sylvia Putz

metronews.ca/homescape

If you're a woman (and maybe even if you're a man), sometimes you want female company and perspective. And this can apply to contractors who carry out renovations at your home.

Marissa McTasney, of Moxie Trades, a company that supplies women in the trades with clothing especially designed for them, is well aware of this. She says there's been a demand for quite some time for female renovators, such as carpenters, electricians, plumbers, painters and drywallers. Trouble is, there aren't a lot of female renovators.

But this is changing, she says. Her website, MoxieTrades.com, is in the process of listing women in the trades both in Canada and other countries who register to be on her site.

For customers doing renovations, there can be benefits to hiring female con-

tractors.

"Women contractors tend to have strong attention to detail, and are likely to be accurate in their work," she says.

In addition, the male-dominated culture of the construction business can produce intimidation and barriers to effective communication between female clients and male contractors. This can be especially significant when numerous male contractors are together and apparently feel compelled to play the stereotypical construction worker role to the hilt (and I've personally witnessed this bizarre transformation from men who interact with women quite normally on a day-to-day basis).

In contrast, female contractors understand a woman's point of view, and are not part of the "macho" mindset that can produce awkwardness and can easily squelch productive conversations between a female client and male contractors.

McTasney's website is also useful for women in the trades trying to find their places in a culture that is not yet completely friendly to women.

But McTasney has faith

that things are changing. With more women employed in this area, women entering the trades will no longer feel as exposed or isolated.

Another issue is, of course, that parents have not traditionally steered their daughters in this direction — it was simply not considered a possibility in past years. But, "parents are not shocked any

more. Their mindsets are a little different now, and they are more accepting."

After all, there's good money to be made, it's a stable job with a good environment, and there are many routes that can be followed within the industry.

Sylvia Putz is a journalist with an interest in decor and design. She's written for the TV show Arresting Design; sputz@arrestingdesign.com.



Marissa McTasney started Moxie Trades, a company that supplies women in the trades with clothing especially designed for them.

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Style



Barbie's back in Town

After a successful run last spring, the Barbie by Town Shoes collection is back with a new set of styles for fall. This exclusive collection features glamorous peep toe pumps, zebra platform booties and even over the knee boots as well as purses — all inspired by the trendsetting doll. Prices range from \$59.95 to \$275. To see the entire collection visit townshoes.com.

METRO NEWS SERVICE

EDITOR: ANN-MARIE.COLACINO@METRONEWS.CA

Tousled, big and wavy

Bed head, retro curls make a comeback on the major runways

ANDREA WOO
For Metro Canada



Good news for the fashionably inclined but stylistically challenged: Casual hair is back in style.

At the recent London, Paris and Milan fashion weeks, tousled locks were big on the runways, with many models sporting loose waves and messy buns.

"It's very free hair this season," said Toronto-based celebrity hairstylist Jie Matar, citing Chanel and Prada as fashion houses adopting the look for their models. "Mostly, we used to see sleek and coifed hair, but not this season. This season's all about tousled, big and wavy. Victoria Beckham is not the look anymore."

Cherie Grass, senior stylist and educational director at Vancouver's Toni & Guy



Retro waves with a defined side part was a big trend seen on the fashion runways this season. Here a model sports the look during Alena Akhmadullina's show at Paris Fashion Week earlier this week.

salon, says accompanying the retro waves are defined centre or side parts and often a lot of back-combing to create volume at the crown. "They're looser, more

combed out and messy," said Grass of this season's looks. "There's definitely a '60s feel."

As for colour, Matar says streaks and highlights are out, being replaced with all-over colour in warm, rich hues such as caramel, cinnamon, gold and copper. Tania Becker, co-owner of Vancouver's Moods Hair Salon, has styled hair for the runway shows of the Paris and New York fashion weeks for 14 seasons. She agrees that this fall, the trend for hair colour is warmth.

"Brunettes are leaning towards warm chocolate tones, blonds are trading ash and platinum shades for honey or golden hues," said Becker. She adds that the most influential colour is red: "(Model) Co-

co Rocha caused a buzz when she showed up on the fall and winter runways with her new, rich, copper hair."

Canadians wanting to incorporate the European trends into their daily look should invest in a good, layered cut, as styling can be fairly minimal.

"The most important thing is to cut it in a very tailoring technique," said Matar. "Add a lot of layers that can give it an illusion it's one length at the back — to the shoulders — and at the same time (do) a lot of teasing on the crown."

For easy texture and volume, Becker

recommends generously spraying dry hair with hairspray or setting spray, doing four or five large braids and sleeping on them overnight.

"In the morning, take the braids out and shake it out," she advised.



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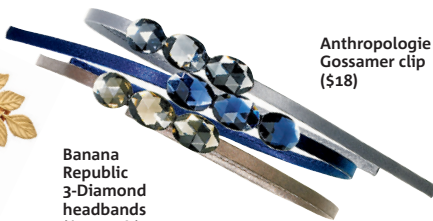
Brian Phillips, a Toronto-based hair-stylist and owner of WorldSALON, on how to wear hair accessories:

● "The right hair accessory can up your cool quotient instantly," says Phillips, "but if you're going to wear a statement hairdo with bling, pare down your outfit." ● Try out a few different options, depending on what you want to achieve, says Phillips. A tortoiseshell comb or an old-fashioned brooch (sewn to a hair clip) adds sparkle, and simple accessories like an extra-long shoelace or a handful of bobby pins make an edgy statement. ● Limit the glitter to evening. For day, a subtle headband, leather string or barrette looks casual but polished.

Emily Elizabeth Jewelry Kimberley hair comb (\$77)



Banana Republic 3-Diamond headbands (\$40 each)



Anthropologie Gossamer clip (\$18)



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THE BUSINESS OF GENIUS



A master of drapery and cloth, Christian Dior was also as savvy as a tycoon about the business side of fashion. That's the idea behind Dior, a new book by Alexandra Palmer, a fashion scholar and senior curator at the Royal Ontario Museum. Palmer traces the brand's history between the pivotal years of 1947, when the landmark New Look collection launched, to 1957, when the designer died. "Dior was a magic word," says Palmer. "It was buying into a dream, the magic of Paris. Anything associated with him was gold."

RunwayBeauty

Ashley Rebecca



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Elvis Presley's teenage grandson has landed a record deal worth \$5 million US. Benjamin Presley has landed a five-album contract with Universal, and has already started work on his first LP, which he hopes to release next year. **METRO NEWS SERVICES**

Entertainment

EDITOR: DEAN.LISK@METRONWS.CA

Michael Bublé's Crazy Love

Michael Bublé

Album: Crazy Love
Label: Reprise/Warner
Rating: ⓈⓈⓈ

BY NOW, most people know what to expect from Michael Bublé — sweet crooning, pop standards, and light jazzy sounds. But somehow, the artist can still surprise. Crazy Love is the Vancouver singer's most diverse record. He tackles both Cry Me a River, a bouncy love song by Arthur Hamilton, and Ray Charles' Georgia on My Mind, which features the smokiest vocals of his career. He ends the disc with

a fantastic cover of Ron Sexsmith's Whatever It Takes. Whatever you think of the guy, Bublé does his thing better than almost anyone else.

Bryan Borzykowski/for Metro Canada

Kiss

Album: Sonic Boom
Label: Roadrunner
Rating: ⓈⓈ

THERE'S NO GOOD reason why Kiss is releasing a new disc — the follow-up to 1998's Psycho Circus. Most people like the old tunes, and the recent music doesn't sound any different than those hits (besides being worse). In



Crazy Love is the most diverse record of Vancouver singer Michael Bublé's career.

some ways, it's admirable that they care enough about themselves as musicians that the band members want to work on a

new album, but they know where their bread and butter lies — an accompanying disc is loaded with classics. In the end this al-

bum is for the die-hards; casual listeners should stick to one of Kiss' greatest hits records.

Bryan Borzykowski/for Metro Canada

Gaga Gossip

Lady Gaga will appear on an upcoming episode of Gossip Girl, according to the New York Daily News. The singer is said to be playing herself.

METRO NEWS SERVICES

Matthew Good

Album: Vancouver
Label: Universal
Rating: ⓈⓈⓈ

VANCOUVER NATIONAL ANTHEM should be the official song of the 2010 Olympics. Matthew Good tears into the touristy tinsel wrapped around his hometown to reveal something sinister lurking below the snow caps. Good sings about the horrors of Vancouver's downtown eastside through the zombie eyes of the people who inhabit it. "We all live downtown/We all die downtown/Step Over Ourselves," goes the chorus. Keep it in mind when you watch the figure skating live from GM Place. But this album is not all about politics. Good uses the city as a canvas on which to squeeze out some personal demons. Some of it is even sentimental. All in all, Good remains angry, angry and relevant.

Graham Rockingham/for Metro Canada

Backstreet Boys

Album: This is Us
Label: Sony Music
Rating: Ⓢ

LET'S DEAL with the title of this album. Surely it can't be grammatically correct? Shouldn't it be This is We? Or even Those are We? We'd grant the Boys the artistic license to break the language rules, of course, if there was (were?) any art contained in this ... this ... thing. We're not asking for cliché-breaking lyrics just some dance beats that won't drive us up the wall. We should at least expect vocal harmonies that sound something more than machine generated. The low point is a track called PDA. The letters are supposed to stand for Public Display of Affection, but the song contains all the emotion of a Personal Digital Assistant.

Graham Rockingham/for Metro Canada

critics' corner

According to Jim

Ozzie and Harriet are spinning in their graves. And at a nearby gravesite, a funeral is being held for our old friend, the family sitcom — the kind the whole family could watch. Those were the days. These aren't, as evidenced by sitcom episodes such as this, which finds Jim and Cheryl (Jim Belushi, Courtney Thorne-Smith) getting caught engaging in, um, a very adult form of recreation for two on the set of the school Thanksgiving play. 7:30 PM on CMT



Doc Zone

"Canada: Above and Beyond," a four-part series airing on consecutive Thursdays, marks 100 years of aviation in Canada. The opener, "First Flight," remembers the 1909 flight of the Silver Dart from Baddeck Bay, N.S., which started it all. It also profiles a group of retirees who are reconstructing the Silver Dart and checks in with some other Canadians who remember their first experiences in the air. 8 PM on CBXT

ED	C	B	S	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00
prime time	2	CFRN	239	318	The Vampire Diaries (N)	(8:01) The Mentalist	CSI: Crime Scene Investg.	Grey's Anatomy (N)	CTV News			
	3	CHQ	-	370	News	Jeopardy! (N)	Wheel-Fortune	Community (N)	Parks-Recreat	The Office "Niagara" (N)	Jay Leno Show	
	4	CBXT	-	307	Wheel-Fortune	Doc Zone "First Flight"	The Border "The Dead"	CBC News: The National	The Hour	CBC News: The National	The Hour	
	6	KREM	-	372	News	Hollywood	The Doctors (N)	Survivor: Samoa (N)	CSI: Crime Scene Investg.	The Mentalist		
	7	CKEM	241	347	Law & Order: SVU	The Jay Leno Show (N)	Community (N)	30 Rock	30 Rock	Your City		
	8	CITY	240	339	ET Canada	Entertainment	90210 (HDTV) (N)	Survivor: Samoa (N)	Two/Half Men	Two/Half Men	News Hour	
	11	OMNI	-	-	The Office	Omni News: S. Asian Edition	Omni News: Cantonese Edition	FlashForward (HDTV) (N)	Grey's Anatomy (N)	Practice		
	13	KXLY	-	371	4 News at 6	4 News at 6:30	Entertainment	The Insider (N)	Bones (HDTV) (N)	News		
	16	KAYU	-	373	The Office	Raymond	Health Matters, TV for Life	Red Green	Being Served	MI-5 "The Special"	Soundstage	
	22	KSPS	-	374	NewsHour With Jim Lehrer	Michigan	Casebook-Sherlock Holmes	The Nature of Things	CBC News: The National	CBC News: The National	Nature-Things	
news	15	CBCL	502	-	CBC News: The National	EarthWatch One	Anderson Cooper 360 (HDTV)	EarthWatch Two	Larry King Live	Cooper 360		
	21	TWN	505	398	(5) EarthWatch One	CTV News	Business News	Commodities	Market Call Tonight	Headline	Commodities	Squeeze Play
	27	CNN	500	500	Larry King Live	CTV News Tonight	Business News	Commodities	Market Call Tonight	Headline	Commodities	Squeeze Play
	54	CTV	501	391	CTV News Tonight	Business News	Commodities	Market Call Tonight	Headline	Commodities	Squeeze Play	
	70	BNN	504	508	Squeeze Play	Business News	Commodities	Market Call Tonight	Headline	Commodities	Squeeze Play	
	20	TSN	400	400	2009 World Series of Poker	SportsCentre (HDTV) (Live)	NFL Films	Score Golf Television Special	Sportsnet Connected	NHL Hockey		
	23	net	408	418	NHL Hockey Calgary Flames at Edmonton Oilers. (HDTV) (Live)	Barrett-Jackson Automobile Auction From Las Vegas.	Barrett-Jackson Automobile Auction From Las Vegas.	Score Now	Score Now	Primetime		
	47	SPEED	417	406	(4) Barrett-Jackson Automobile Auction From Las Vegas.	Barrett-Jackson Automobile Auction From Las Vegas.	Score Now	Score Now	Primetime			
	94	SCORE	410	403	College Football Nebraska at Missouri. (Live)	Score Now	Score Now	Primetime				
	9	EDACC	267	351	Alberta Primetime (Live)	(8:01) Private Practice	FlashForward (HDTV) (N)	Fringe (HDTV) (N)	What I Like	Family Biz		
family	14	ETV	552	543	iCarly	Drake & Josh	Family Biz (N)	Malcolm-Mid.	Hates Chris	8 Simple Rules	Backyardigans	Ni Hao, Kai-lan
	17	TREE	553	546	Little Bear	Maggie-Beast	Babar	Zigby	Max & Ruby	Dragon (DVS)	Majority Rules	King of the Hill
	42	TOON	555	545	Jimmy Two	Stoked	Total Drama	Wizards-Place	Han, Montana	Zack & Cody	Latest Buzz	Wizards-Place
	45	FAM	557	541	Zoe 101	Life Derek	Wizards-Place	Han, Montana	Zack & Cody	Latest Buzz	Wizards-Place	Life Derek
	-	TVA	121	714	TVA nouvelles	Le Cercle (SC)	La Fièvre de la danse (SC)	Home Improve.	Home Improve.	Karaoke Star "Charlottetown"	Reba	Reba
	18	CMT	575	583	According-Jim	According-Jim	Home Improve.	Home Improve.	Karaoke Star "Charlottetown"	Reba	Reba	According-Jim
	25	A&E	615	520	The First 48 (HDTV)	The First 48 (HDTV)	Crime 360 (HDTV)	Wild 'n Out	Wild 'n Out	Unwrapped	Unwrapped	Perfection
	26	MMM	571	581	Wild 'n Out	Wild 'n Out	Kylie Minogue-Homecoming	The Daily Fix	Family	Da Vinci's City Hall	Daily Planet	Drain the Ocean
	29	FOOD	603	561	Perfection	Perfection	Ace of Cakes	Ace of Cakes	Family	Da Vinci's City Hall	Daily Planet	Drain the Ocean
	31	SHOW	617	522	Trailer Park	Trailer Park	The Outer Limits	MythBusters	X-Weighted "Naomi"	Old Christine	Friends	Police Women of Broward
cable variety	32	DISC	520	505	(6) Drain the Ocean	MythBusters	X-Weighted "Naomi"	Old Christine	Friends	Police Women of Broward	Law & Order "Zero"	TNA Wrestling: Global Impact
	33	SLICE	601	562	X-Weighted	Old Christine	Friends	Police Women of Broward	Law & Order "Zero"	TNA Wrestling: Global Impact	Shenandoah *** (1965, War)	M*A*S*H
	34	W	602	567	House-Sell	Style by Jury	Old Christine	Friends	Police Women of Broward	Law & Order "Zero"	TNA Wrestling: Global Impact	Shenandoah *** (1965, War)
	35	TLC	521	560	Police Women of Broward	Cake (2005, Romance-Comedy) Heather Graham. (DVS)	TNA Wrestling: Global Impact	Shenandoah *** (1965, War)	M*A*S*H	Discoveries		
	36	BRAVO	520	523	Cake (2005, Romance-Comedy) Heather Graham. (DVS)	TNA Wrestling: Global Impact	Shenandoah *** (1965, War)	M*A*S*H	Discoveries			
	38	SPICE	628	584	TNA Wrestling (HDTV) (N)	Life After People (N)	Jetman	Corner Gas	Name Is Earl	The Simpsons	South Park	Hot Box
	39	AMC	-	-	(6) Patton **** (1970, Biography) George C. Scott, Karl Malden, Michael Bates.	Life After People (N)	Jetman	Corner Gas	Name Is Earl	The Simpsons	South Park	Hot Box
	40	HIST	522	506	Underworld Histories	Air Force	22 Minutes	InnerSpace (N)	Stargate SG-1	The Office	I Know What You Did Last Summer *	(1997, Horror)
	41	COM	526	547	Just for Laughs	Eureka (N)	InnerSpace (N)	Stargate SG-1	The Office	I Know What You Did Last Summer *	(1997, Horror)	
	43	SPACE	627	528	Primeval	I Know What You Did Last Summer *	(1997, Horror)	The Office	I Know What You Did Last Summer *	(1997, Horror)		
cable variety	44	WPCH	624	650	Law & Order: SVU	Survivor: Samoa Costa Rica.	Survivor: Samoa Costa Rica.	Survivor: Samoa Costa Rica.	Survivor: Samoa Costa Rica.	Survivor: Samoa Costa Rica.	Survivor: Samoa Costa Rica.	Survivor: Samoa Costa Rica.
	46	OLN	411	457	Survivor: Samoa Costa Rica.	Survivor: Samoa Costa Rica.	Survivor: Samoa Costa Rica.	Survivor: Samoa Costa Rica.	Survivor: Samoa Costa Rica.	Survivor: Samoa Costa Rica.	Survivor: Samoa Costa Rica.	Survivor: Samoa Costa Rica.
	48	TROP	619	525	Bob & Doug	Bob & Doug	Seinfeld	Seinfeld	Seinfeld	Seinfeld	Seinfeld	Seinfeld
	50	STAR	621	527	The View (HDTV) (N)	The Dr. Oz Show (N)	TMZ	etalk	Hollywood	Extra	Dr. Oz Show	Holmes-Homes
	52	HGT	600	587	Family Reno	Disaster DIY	George Lopez	George Lopez	George Lopez	George Lopez	Raymond	Paid Program
	65	TLN	700	800	(6) L'Insegnante	Wopos Bay	By the Rapids	The Name of the Rose *** (1986, Mystery) Sean Connery, F. Murray Abraham, Elya Baskin.	Fantasy Fact.	Beatdown	Nitro Circus	
	92	VISION	261	394	The Name of the Rose *** (1986, Mystery) Sean Connery, F. Murray Abraham, Elya Baskin.	Fantasy Fact.	Beatdown	Nitro Circus				
	100	MTV	581	566	Dance	Dance	Love Court	Instant Star	Revue	Question Period	Psychic Inv.	Encounters
	101	MM	570	580	Dance	Love Court	Instant Star	Revue	Question Period	Psychic Inv.	Encounters	
	102	CPAC	512	396	(6:30) Primetime Politics	Da Vinci's Inquest	Le National	Le National	Le National	Le National	Le National	Le National
cable variety	103	VIVA	526	507	The Closer "Round File"	Da Vinci's Inquest	Le National	Le National	Le National	Le National	Le National	Le National
	106	RDI	126	730	The Téléjournal (SC)	RDI économie	Le National	Le National	Le National	Le National	Le National	Le National
	161	SUPER	-	-	JCYD (2008, Comedy), François Damiani	National Lampoon's Jake's Booty Call *	Frozen River *** (2008, Drama)					

Listen to this week's reviewed music at metronews.ca/music

Last-minute cooking tips before Thanksgiving

If turkey is frozen, allow enough time to thaw (5 hours per 500 g/1 lb) in the refrigerator or 1 hour per 500 g (1 lb) when submerged in cold water (refreshed hourly). Be sure to remove the bag of giblets hidden in the turkey before cooking. **THE CANADIAN PRESS**

entertainment **17**

★★★★ INSPIRED; ★★★★★ VERY GOOD; ★★★ PALATABLE; ★★ HO-HUM; ★ NEVER AGAIN

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Signature Drink:
Rosemount Shiraz-
Grenache (\$18)
Signature Dish:
Slow-roasted lamb (\$14)
Rating: ★★★★★
Dinner & drinks for 2: \$45

On the way home, I swung by Culina Millcreek to sample their frozen dinners: I figured that one of my favourite spots would set me up for a perfect romantic meal at home.

Out of the six \$14 meals, I chose wild salmon cakes for my bride and lamb in Marbella sauce for myself. A bottle of Rosemount Shiraz-Grenache (\$18) would complement the evening. After 40 minutes in the oven, the meals smelled amazing but looked unap-

On the web

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pealing in their compartmentalized tin trays. I was also a little surprised that they didn't come with vegetables. The meals fared remarkably well, for frozen dinners. My slow-roasted lamb in subtle Marbella sauce pulled tenderly apart with the slightest pressure from my fork.

The Edam-laced potatoes were both creamy and light. I polished off my dessert of tart fruit under a soft, sweet rolled oat crust with delight.

A long-time fan of the restaurant, I couldn't help but be a little disappointed with the smaller portions and functional presentation. However, for a \$14 four-star meal you can serve any time, Culina's frozen dinners and a side of steamed baby carrots are an excellent choice.



Slow-roasted, naturally raised Alberta lamb in Marbella sauce, with a side of Edam mashed potatoes and blueberry-pear crisp. (\$14)

Global Peasant blog online

- Travel along with Diane Thompson's culinary adventures in her Global Peasant blog.
- Check out metronews.ca/globalpeasant for a recipe of Biscotti with Lemon and Anise Seeds



Dining out

UNHEARD OF?

Early bird specials at fine restaurants: a new trend? Unheardof's fabulous five-course table d'hôte menu is available for \$55 as long as you sit by 6 and promise to clear out by 7:30 p.m., just in time for a show. Added bonus: many dishes have gluten and dairy-free options. Swing by 9602 Whyte Ave or visit unheardof.com.

GO GREEK!

There are three Koutoukis, two Cosmos, Yianni's, Syrtaki and a Grub Med in this town. Your assignment for this weekend is to visit a fabulous Greek spot, order whatever combination platter is available and stuff yourself on Mediterranean delights. Don't forget the baklava. You can thank us on Tuesday.

In brief

PUMPKINS GALORE Every weekend in October, Prairie Gardens hosts its Haunted Pumpkin Festival east of Bon Accord from 11 a.m. to 5 p.m. Check out magic shows, storytelling, and wagon rides. Remember to dress for the outdoors.

OKTOBERFEST Check out the downtown Gas Pump's Oktoberfest celebration in support of Edmonton's Food Bank. 10166 114 Street this Saturday.

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Levi Johnston is getting ready to bare all. "Team Levi is in the process of preparing for his Playgirl appearance," his lawyer Rex Butler tells usmagazine.com. "He is in the gym six days a week for the next three weeks." **METRO NEWS SERVICES**

Baby daddy buffing up

Celebrity Buzz

Celebrity tweets

Jamie Kennedy has health concerns of his own, **Miley Cyrus** is doing great despite what you may have read, and **Rivers Cuomo** has a handy way to avoid disappointment.

* **@jamiekennedy** does anyone else feel like they have pig flu, mixed with sars???
 * **@miley Cyrus** I'm the happiest I've ever been & for that my family's SO grateful. So for LAME bloggers that don't know what they're talking about SHUT UP!
 * **@riverscuomo** It's good to be humble. That way you don't feel so bad when you do something stupid.

METRO WORLD NEWS



Beyoncé speaks out on scandal

NO, NO, NO The other woman at the centre of the Kanye West Video Music Awards shout-out scandal is finally speaking out, people.com reports.

Beyoncé Knowles, whose loss to Taylor Swift in the Best Female Video category prompted West to storm the stage and steal the microphone from Swift at the Sept. 13 ceremony, says she understands the rapper's motivation.

"Well, I knew his intentions, and I knew he was standing up for art; and he told me before, when they said the nominees, he's like, 'You have this award,'" she told O: The Oprah Magazine editor-at-large Gayle King.

"When they didn't call my name, he was, like, completely shocked,"



Knowles, 28, added. "And when he walked on the stage, I was like, 'No, no, no!' and then he spoke,

and I was like, 'Oh, no, no, no!'"

When Beyoncé won Video of the Year later that evening, she called Swift back on stage to let the country star finish her speech.

"In the end, it ended up being a great night, and Taylor Swift did get her moment — and I didn't have to make an acceptance speech," Knowles said.

METRO NEWS SERVICES

Kelly burns and not in a good way

OUCH Kelly Osbourne is furious at a British body spray brand that left her with burn marks all over her body, resulting in a quick wardrobe change for her latest appearance on Dancing with the Stars.

METRO NEWS SERVICES



Trouble in paradise for Brangie?

TURNING TO AN EX Brad Pitt allegedly had a secret meeting with Jennifer Aniston in a hotel during a recent trip to New York during which he looked for advice about his reportedly floundering relationship with Angelina Jolie, according to



Grazia magazine.

"Brad was unloading his emotional baggage on Jen, which isn't exactly fair considering their history," a source tells the magazine. "She was quick to tell him she wanted no part in his breakup with Angelina."

METRO NEWS SERVICES



Federline skipped out on rent, trashed place, says Owner

BUTTS AND BEER The owners of the Tarzana, Calif., home where Kevin Federline was staying until May are after him for six months of unpaid rent and for trashing the house, according to TMZ. The owners are seeking \$110,661 US in unpaid rent and damages.

The complaint alleges that Federline's poor housekeeping has left gutters full of cigarette butts and beer bottles, permanent spit marks, and drawings on the walls, dismantled smoke detectors, oil marks on the driveway, dead plants and more.

METRO NEWS SERVICES

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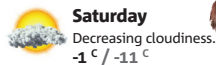
Walmart

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West Edmonton Mall

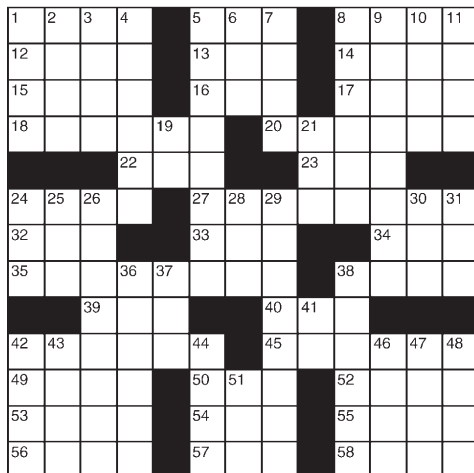
Red Deer
Bower Place



Michele McDougall, Weather Specialist & Host - Breakfast Television
 "My favourite part is reporting the weather. It fascinates me, and as we know around here, it's always changing, keeping forecasters on their toes!" **WEEKDAYS AT 6 A.M.**



Take Five



ACROSS

1 Head light
 5 Send out invitations
 8 Lend or Boesky
 12 Warrior of legend
 13 Prompt
 14 Judicial garb
 15 Secular
 16 Gorilla
 17 Many Louvre pieces
 18 Quick mission
 20 Jousting weapons
 22 Wade opponent
 23 Tall tale
 24 Bankruptcy cause
 27 Jewelry container, maybe
 32 Past
 33 End for mob or text
 34 Sapporo sash
 35 Positions for favorable viewing

38 Former mates
 39 Total
 40 Baltimore newspaper
 42 Spur
 45 Survivor setting, often
 49 Laugh-a-minute
 50 Smallest prime
 52 Chilled
 53 Farm fraction
 54 Has the wherewithal
 55 Antitoxins
 56 Requirement
 57 Time card abbr.
 58 Helen's home

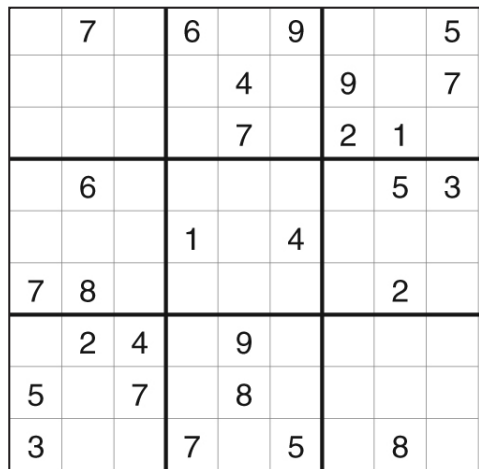
DOWN

1 Robust
 2 Open somewhat
 3 Den
 4 Farm wagon of a sort
 5 College life
 6 Dine
 7 Carina
 8 Oddly funny
 9 Larynx
 10 Competent
 11 Capone foe
 19 "Just say —"
 21 Foreman rival
 24 Apply lightly
 25 Swelled head
 26 Sports-page summary
 28 Last (Abbr.)
 29 Meetings
 30 U.K. award
 31 Greek consonants
 36 Fit
 37 Ambulance worker (Abbr.)
 38 Sign up
 41 People competitor
 42 Persia, now
 43 Pleasant
 44 Engrave, say
 46 Maple genus
 47 Infamous lyre player
 48 Crucial time
 51 Series of skirmishes

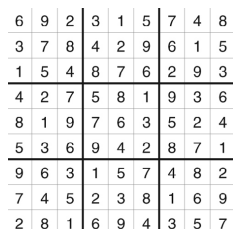
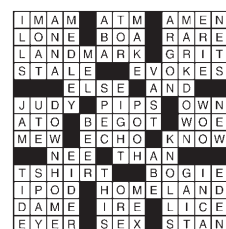
Sudoku

For more/less challenging Sudoku puzzles, visit metronews.ca

HOW TO PLAY: Digits 1 through 9 will appear once in each zone – one zone is an outlined 3x3 grid within the larger puzzle grid. There are nine zones in the puzzle. Do not enter a digit into a box if it already appears elsewhere in the same zone, row across or column down the entire puzzle.



PREVIOUS DAY'S CROSSWORD AND SUDOKU ANSWERS:



On the web

For more games and 60 additional daily cartoon strips, visit metronews.ca



Metro Recipe of the Day



Spicy Szechuan Pork or Chicken

Submitted by Kyle Longbotham, Summerland, B.C.

INGREDIENTS:

1 lb boneless pork loin (chicken would also work)
 1 tbsp oil
 1 bag store-bought broccoli or cole slaw, your choice
 1 red pepper, julienne style
 1/2 cup water
 1/2 cup spicy Szechuan sauce (if you don't like it too spicy, only use 1/4 cup)
 1 tbsp honey (more if you like it sweeter)
 2 cups jasmine rice

minutes until tender. Remove and set aside in a bowl.
 4. Add meat to skillet or wok. Stir-fry over medium high heat until browned.
 5. Add bell pepper and water. Cover and cook for 4 minutes until pork or chicken is tender.
 6. Combine Szechuan sauce and honey. (If you don't like your food too spicy, add equal parts of Szechuan sauce and honey.)
 7. Add the broccoli or cole slaw. Cook and stir for 2-3 minutes until hot.
 8. Serve over jasmine rice.

SERVES 4

PREP TIME: 5 MINUTES
 COOK TIME: 15 MINUTES

METHOD:

1. Cook jasmine rice as the package directs.
 2. Slice pork or chicken into strips.
 3. Heat oil in heavy skillet or wok. Add broccoli or cole slaw and stir-fry 2-3



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Horoscopes by Sally Brompton sallybrompton.com

For Sally's expanded daily and weekend horoscopes, visit metronews.ca

ARIES

MARCH 21-APRIL 20
 There's no point blaming yourself for something you couldn't have known was going to happen. So accept that on this occasion you were taken by surprise.

LIBRA

SEPT 23-OCT 23
 You don't mind working hard but you are under no obligation to work yourself into the ground for others. You've been taken in by sob stories.

TAURUS

APRIL 21-MAY 21
 Pace yourself carefully today because you could easily take on too much and do yourself harm. That applies to both your brain and your body.

SCORPIO

OCT 24-NOV 22
 You seem to be under the impression that time is running out and that a mistake you made is now set in stone. That's not true.

GEMINI

MAY 22-JUNE 21
 Keep your thoughts to yourself today, especially if you are the kind of Gemini who tends to speak first and contemplate what you've said later, if at all.

SAGITTARIUS

NOV 23-DEC 21
 Make sure others know what you're trying to tell them today, because if you get your wires crossed you'll get more than sparks!

CANCER

JUNE 22-JULY 22
 The planets warn if you try to do more than one thing at a time you will lose direction, and when you lose direction you lose power too.

CAPRICORN

DEC 22-JAN 20
 Listen to what friends say you should do to rectify a negative situation — then do the opposite. What other voices say is irrelevant.

LEO

JULY 23-AUG 23
 You could be lulled into a false sense of security about your money situation, making it easier for dishonest types to make a killing at your expense.

AQUARIUS

JAN 21-FEB 18
 Be cautious when doing business with people you don't know on a personal level. The planets warn you cannot afford to take risks.

VIRGO

AUG 24-SEPT 22
 You may find it difficult to talk to others today but most likely it's only a temporary problem. On the weekend you'll be on the same wavelength again.

PISCES

FEB 19-MARCH 20
 Do you read the riot act to someone who's giving you a hard time for no good reason, or do you ignore them? The latter is the better course.

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Vests

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PVC
Jacket
\$**29⁹⁹**



Cord
Jacket
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Wool
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Board
Jacket
\$**79⁹⁹**

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